

## November 24

**Psalm 56:3-4 (NIV)** <sup>3</sup> When I am afraid, I put my trust in you. <sup>4</sup> In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?

About 14 years ago, after we had moved into our new home, I began to have some pain in my fingers. I dismissed it as we had been laying sod all around our house, and I thought that might have caused the discomfort. However, each morning, the pain grew. Eventually, I could no longer make a closed fist with either hand. My doctor took a blood test to determine the cause and discovered I had rheumatoid arthritis. The Mayo Clinic writes, “Rheumatoid arthritis is a chronic inflammatory disorder that can affect more than just your joints. In some people, the condition can damage a wide variety of body systems, including the skin, eyes, lungs, heart and blood vessels.” I had visions of gnarled hands, sore knees, and other problems. I was afraid.

The Bible tells us that perfect love drives out fear (1 John 4:18). Thus, when that fear hit me, I added to my condition the belief that I was not in God’s perfect love. Not only did I have arthritis, I also was struggling with trusting the Lord. With that in mind, I find David’s words interesting. He states, “When I am afraid....” David, a man after God’s own heart, knew fear. He was not ashamed about that truth. He did not fear God’s wrath, but he did fear Saul’s threats to take his life. When he became afraid, David turned to the Lord. He put his trust in the Lord in the midst of his fear. As he did, that fear gave way to a peace that defies understanding. In my fear, I poured out my heart to the Lord. He opened a door for me to see the best arthritis doctor in Oklahoma. She eventually put me on a medicine that put my arthritis in submission. In my fear, I would pour out my feelings to Him and put my trust in Him. If we ever find ourselves in a situation similar to David when we are afraid, let us always put our trust in the Lord, Who is the Lord Almighty. Trust in Him combats the fear.